



Hands of Health Newsletter

January/February 2010

Hello, again:

Welcome to the new year. Hope your holidays were all you wanted them to be. Now let's look forward to a productive, prosperous, and healthy year. I'm now in my new location, across the street from where I was for almost 9 years and hope to be here long term as I was previously. I'll have to adjust to the changes such as not having any water or a bathroom in the office. I just couldn't find another location like it and I only found one or two and it WAS a rare find but I wouldn't have been able to move all my office furniture and equipment as these were only massage rooms in the suite, not a whole office for me to move into. And it was very convenient to only have to move across the street and not have to rent a moving van. And a big thanks to my helper who volunteered her time, sweat and tears. Well she didn't REALLY cry; lol. She did earn a massage for her efforts. You must stick with it on a regular basis otherwise you'll always be starting from square one and the idea is to progress every time you come in for your massage. So call me right away.

I thought I'd start off the year with an article that my mother sent me that's a little more light hearted and is still beneficial and healthy.

THE AMAZING CUCUMBER

This information was in *The New York Times* several weeks ago (as of December 2009) as part of their "Spotlight on the Home" series that highlighted creative and fanciful ways to solve common problems.

1. Cucumbers contain most of the vitamins you need every day. Just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon. Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone.
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up a entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine. but it won't leave streaks and won't harm your fingers or fingernails while you clean.
13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that kids have used to decorate the walls!!

You may OR may not be familiar with reflexology; I use it during every massage when I work on your feet and hands. Simply, there is a reflex point on your feet and hands that correspond to all major organs and key points of your body. I've had clients come in with headaches and by working the neck points of their feet either diminished or completely eliminated their headache. Well, I facilitated their body in ridding them of their headache. There is also a kidney point and according to a former teacher the whole foot is also the kidney point. Compare the shape of a kidney and your foot; that's no mistake. So it's very important for you to always keep your feet warm; don't walk around barefoot on cold floors; that affects your kidney function. He may not have been advocating that reason but my late grandfather was always after me to keep my feet warm and covered up. He just would say it in Russian. lol

Hope you enjoyed this first issue of the new year. Also remember, Valentine's Day is coming up and a gift certificate for massage is a great way to express your love and appreciation for that someone or persons that have a special place in your heart. (That could be ANYONE; friends, neighbors, bosses, and family as well as significant others.) You may also want to schedule a couples massage class with me where I will teach you some basic massage techniques you can use for those intimate times together or for when someone comes home from a rough day at work or just to help someone relax and ease a little pain. Either way you are fostering better emotional, mental AND physical health. I can schedule 2 couples per class so if you're interested call another couple you know who you think would be interested and then call me to schedule your class. This would take place on a Saturday from 9 to about 4:00 or 5:00. Call me for details.

Until next time,

Stay healthy, stay well,



"The greatness of a nation and its moral progress can be judged by the way its animals are treated." Mahatma Gandhi

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